

F.A.N.tastic Fridays

Family Autism Night March Spotlight: Yoga Night

Matt Ney from FITBOUND will be hosting our Yoga Night. Experience basic yoga sequences and moving. How we move and breathe is much more important than the exact shape of our poses, for clearing our bodies and minds and creating our own best health.



Date: Friday, March 15, 2013

Time: 7 – 8:30 p.m. Yoga Instruction from 7:15 – 8:15 p.m.

**Location: Mott Community Center
12111 Braddock Road, Fairfax, VA 22030, 703-278-8605, TTY 711**

Cost: FREE!

What Is Family Autism Night?

- This free drop-in program is for individuals on the autism spectrum ages 2-22 years old and their families.
- The evening includes a SPOTLIGHT activity for everyone to enjoy. Other leisure activities are also available.
- Our goal is to provide an opportunity for the community to come together and have fun playing, socializing, and interacting with other families.

For more information, please call Debbie O'Bryant at 703-324-5621, TTY 711
or email at Deborah.O'Bryant@fairfaxcounty.gov

Evening Host: Matt Ney, www.fitbound.com



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.